

Name of Program: Get WALKIN'

Situation: A majority of Americans do not meet national physical activity guidelines

INPUTS	OUTPUTS		OUTCOMES – IMPACT		
	Activities	Participation	Short	Medium	Longer term
<p><i>What we invest</i></p> <p>Core Team:</p> <ul style="list-style-type: none"> • Libby Richards, PI, School of Nursing • Stephanie Woodcox, Health & Wellness Specialist, HHS Extension <p>Purdue Extension Educators on the Planning Grant Team:</p> <ul style="list-style-type: none"> - Katie Zuber, HHS Lawrence Co. - Alice Smith, HHS Jasper Co. - Curt Emanuel, ANR Boone Co. - Liz Beiersdorfer, 4-H Dearborn Co. - Steve King, ANR Blackford Co. - Roberta Crabtree, CD Tippecanoe Co. - Stephanie Faroh, NEP Trainer - Jeff Pell, 4-H Parke Co. - Ricky Kemery, ANR Allen Co. <ul style="list-style-type: none"> • IBAT Funding for Planning Grant 	<p><i>What we do</i></p> <ul style="list-style-type: none"> • Review components of e-walking intervention • Create a toolkit for e-walking intervention and marketing materials • Tailor messages for intervention • Develop program branding • Create evaluation • Train educators on use of program • Pilot intervention and update based upon feedback 	<p><i>Who is reached</i></p> <ul style="list-style-type: none"> • Primary audience: Adults (ages 18+) in all Indiana counties • Secondary audience is to train Extension Educators on the implementation of the walking intervention 	<p><i>What do we think participants will know, feel, or be able to do after participating in the program?</i></p> <ul style="list-style-type: none"> • Number of participants in pilot intervention • Number of participants that increase knowledge of the benefits of walking • Number of participants that increase their self-efficacy in walking 	<p><i>How do we think the participants will behave or act differently after participating in the program?</i></p> <ul style="list-style-type: none"> • Number of participants who increase their weekly minutes of walking • Number of participants who sustain walking regimen 3 months after the intervention • Number of participants who improve their BMI score 	<p><i>What kind of impact can result if the participants behave or act differently after participating in the program?</i></p> <ul style="list-style-type: none"> • Increase the number of adults who achieve the recommended 150 minutes of physical activity per week • Number of participants who sustain walking regimen 12 months after the intervention

ASSUMPTIONS

1. Program participants recognize the health benefits of physical activity and will participate in the walking intervention.
2. Participants believe there are health benefits to be gained from being physical active.
3. Individuals are willing to change and will incorporate the program information into their lifestyle.

EXTERNAL FACTORS

1. Whether individuals have access to a safe environment to engage in physical activity.
2. Social networks and support systems that encourage or prohibit an active lifestyle.
3. Previously established habits (i.e. sedentary lifestyle) that negatively influence likelihood of engaging in physical activity.